

Did you make a resolution to eat better this year? Is eating better something you'd like to do, but haven't known where to start? If so, then let me offer a suggestion. Start at work!

When it's time for that mid-morning or mid-afternoon snack attack, be prepared! Stock your work space with foods like:

- Nuts or trail mix
- Fruits and Veggies – whole is recommended, but if you choose juice, make sure it's 100% juice.
- Low-fat yogurt
- String cheese
- Low-fat milk
- Whole grain crackers or baked chips
- Low-fat high-fiber granola bars
- Jerky
- Cottage Cheese

Dips and sauces like:

- Hummus
- Guacamole
- Low-fat ranch
- Yogurt dip

Here's an idea:

- 1 container of your favorite yogurt
- ¼ cup of your favorite fruit (frozen works well here – berries, yum!)
- ¼ cup low-fat granola

Mix together for an afternoon parfait – rich in calcium, protein, whole grains, fiber, and antioxidants!

Remember portion size is key, especially for calorie-rich foods like nuts, cheese and dried fruit. Don't take out the whole package, put some in a bowl or on a napkin. Eat slowly and enjoy!

For more on healthy worksite eating, please visit the SOMHELP Web site at www.benefits.mt.gov/wellness.asp and click on “Worksite Healthy Eating Guidelines.”

Information contained in the SOMHELP e-mails is general in nature, and not intended to diagnose, treat, cure, or prevent any disease. As always, you should consult with your healthcare provider before making any changes.

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